



# National Nutrient Database for Standard Reference

## Release 28 slightly revised May, 2016

### Full Report (All Nutrients) 09056, Boysenberries, canned, heavy syrup

Report Date: June 29, 2017 23:24 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.75 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 256g
<strong>Proximates</strong>					
Water	g	76.26	3	1.680	195.23
Energy	kcal	88	--	--	225
Energy	kJ	368	--	--	942
Protein	g	0.99	3	0.025	2.53
Total lipid (fat)	g	0.12	3	0.051	0.31
Ash	g	0.32	3	0.014	0.82
Carbohydrate, by difference	g	22.31	--	--	57.11
Fiber, total dietary	g	2.6	--	--	6.7
<strong>Minerals</strong>					
Calcium, Ca	mg	18	3	0.961	46
Iron, Fe	mg	0.43	3	0.006	1.10
Magnesium, Mg	mg	11	3	0.353	28
Phosphorus, P	mg	10	3	0.000	26
Potassium, K	mg	90	3	4.372	230
Sodium, Na	mg	3	3	0.333	8
Zinc, Zn	mg	0.19	3	0.003	0.49
Copper, Cu	mg	0.070	3	0.006	0.179
Manganese, Mn	mg	0.250	3	0.015	0.640
Selenium, Se	µg	0.4	--	--	1.0
<strong>Vitamins</strong>					
Vitamin C, total ascorbic acid	mg	6.2	3	0.703	15.9
Thiamin	mg	0.026	3	0.002	0.067

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 256g
Riboflavin	mg	0.029	3	0.002	0.074
Niacin	mg	0.230	3	0.025	0.589
Pantothenic acid	mg	0.131	3	0.004	0.335
Vitamin B-6	mg	0.038	3	0.002	0.097
Folate, total	µg	34	3	2.919	87
Folic acid	µg	0	--	--	0
Folate, food	µg	34	3	2.919	87
Folate, DFE	µg	34	--	--	87
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	2	3	0.189	5
Retinol	µg	0	--	--	0
Vitamin A, IU	IU	40	3	3.786	102
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
<b>Lipids</b>					
Fatty acids, total saturated	g	0.004	--	--	0.010
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000
12:0	g	0.000	--	--	0.000
14:0	g	0.000	--	--	0.000
16:0	g	0.003	--	--	0.008
18:0	g	0.001	--	--	0.003
Fatty acids, total monounsaturated	g	0.012	--	--	0.031
16:1 undifferentiated	g	0.000	--	--	0.000
18:1 undifferentiated	g	0.011	--	--	0.028
20:1	g	0.001	--	--	0.003
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.068	--	--	0.174
18:2 undifferentiated	g	0.045	--	--	0.115
18:3 undifferentiated	g	0.023	--	--	0.059
18:4	g	0.000	--	--	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 256g
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Fatty acids, total trans	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
<b>Amino Acids</b>					
<b>Other</b>					
Alcohol, ethyl	g	0.0	--	--	0.0